

Whole Grain Blueberry Muffins

- 1/3 cup olive oil
- 1/2 cup of brown sugar, packed
- 1 egg
- 1 cup unsweetened applesauce
- 1 cup whole wheat flour
- 1/2 tsp Cinnamon
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Salt
- 1 cup oatmeal, instant or old-fashioned
- 1 cup blueberries, fresh or frozen



Preheat the oven to 350 degrees and spray a 12 cup muffin pan.

Mix the oil, brown sugar, applesauce and egg. Mix the flour, baking powder, baking soda, salt, cinnamon, and oatmeal. Combine the two very gently, as little as possible.

Blend in the blueberries very carefully.

Use a heaping 1/4 cup ice cream type scoop to divide the batter into the 12 muffin cups. Bake at 350 degrees for 25 to 30 minutes until a toothpick comes out clean.

This is the nutrition info as calculated in the MyFitnessPal Recipe app.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 121 mg	5 %
Potassium 92 mg	3 %

Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	11 %
Sugars 12 g	
Protein 3 g	6 %
Vitamin A	1 %
Vitamin C	2 %
Calcium	2 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	